

# LEAP

## 跳蹦蹦 LEAPS & Bounds

The Newsletter of  
Life Education Activity Programme  
生活教育活動計劃通訊  
Spring 2018 春季

### LEAP

Life Education  
Activity Programme  
生活教育活動計劃

提供藥物教育課程 協助青少年健康成長  
Drug Prevention Education:  
helping children make safe and healthy choices





## 主席的話 From Our Chairman

**James Tong** Chairman, LEAP  
唐偉邦先生 生活教育活動計劃主席

歡迎大家閱讀二零一八年春季的「跳蹦蹦」！

踏入狗年，LEAP 的工作即有很多新進展！香港賽馬會慈善信託基金決定延長對 LEAP 特殊教育課程的贊助；禁毒基金亦將會為 LEAP 的家長教育課程提供三年資助。我們非常感謝香港賽馬會慈善信託基金及禁毒基金持續支持 LEAP 的教育課程。

LEAP 的目標是協助青少年從小建立健康和正面的生活模式，好讓他們將來能擁有自信、豐盛的人生！LEAP 團隊一直以來努力不懈，希望課程能貼合現今青少年的需要。LEAP 團隊正計劃於 2018 年發展新的延伸課程，以應對社會關注的問題。

LEAP 的成長及發展得以成功實有賴我們的主要贊助商：太古公司及國泰航空公司的長期支持；我們亦非常感謝香港賽馬會慈善信託基金、教育局、保安局禁毒處及衛生署控煙辦公室；我們的健康大使劉德華先生，愛生命之友譚燕玉小姐；東源大地有限公司、新興機構、亞聯貨運有限公司及亞洲實業（香港）物流有限公司，以及各學校、校長、教師、義工及支持者，LEAP 特此向他們致謝。

Welcome to our Spring 2018 newsletter! The Year of the Dog has begun on a positive note for LEAP. The Hong Kong Jockey Club Charities Trust has expanded its funding to sponsor our Special Needs Programme; meanwhile, the Beat Drugs Fund has approved a grant for LEAP to run its Parent Programme for three years. We are most grateful to the Hong Kong Jockey Club Charities Trust and the Beat Drugs Fund for their continued support.

LEAP's aim is to empower young people to build a healthy, safe and positive life and grow to become fulfilled and contributing adults. The LEAP team dedicates considerable time and effort to designing programmes that match the needs of teenagers today. In response to emerging social issues, new extension programmes will be implemented in 2018.

LEAP's success and future development depend on the long-term support of our two major sponsors, Swire and Cathay Pacific Airways, as well as the Hong Kong Jockey Club Charities Trust. We are also indebted to the Education Bureau, the Narcotics Division of the Security Bureau, and the Tobacco Control Office of the Department of Health; our Health Ambassador, Mr Andy Lau Tak Wah and our Life Buddy, Ms Vivienne Tam; Eastern Worldwide Co. Limited, the Sun Hing Group of Companies, Orient Trucking Limited and A&S (HK) Logistics; schools, principals, teachers, volunteers and friends of LEAP. I would like to express our sincere thanks to them all.



## 主要贊助商的話 From Our Major Sponsor

**John Slosar** Chairman, Swire Pacific Limited  
史樂山先生 太古股份有限公司主席

太古公司及國泰航空公司自 LEAP 於一九九四年成立以來，一直為其主要贊助商。多年來，LEAP 不斷發展，在本地教育制度備受推崇，成為不可或缺的一部分，教導無數年青人認識藥物濫用的危險，並協助他們在生活中作出合適的決定及建立正確的生活模式。

得知 LEAP 革新後的小學課程獲得師生們一致好評，我感到十分鼓舞。在未來日子，LEAP 將會持續為提高服務質素而努力，繼續研發更多新的教育項目，以緊貼當前的社會挑戰。

太古作為香港社會的一份子，長期以來致力回饋社會，透過 LEAP 幫助孩子成為健康又自信的年輕人，為社會作出正面貢獻。我們相信我們為香港的未來作出了一項非常有價值的投資。

Swire and Cathay Pacific have been major sponsors of LEAP in Hong Kong since its inception in 1994. Over the years, LEAP has expanded its scope and influence to become an integral and highly respected part of the education system in Hong Kong, teaching thousands of children about the dangers of substance abuse and helping them to make safe, responsible choices in life.

I am very encouraged to learn that LEAP's newly revamped primary programme has been well received by students and teachers. LEAP constantly strives to raise its standards as it looks to the future. I am confident that LEAP will continue to develop exciting and engaging new educational initiatives to meet current social challenges and encourage the positive development of our young people.

Swire is one of Hong Kong's longest established companies and we aim to give something back to the community that has helped us prosper. Through LEAP, we believe we can make a valuable investment in Hong Kong's future, by helping children grow into confident, healthy young adults who can make a contribution to our community.

## 賽馬會資助特殊教育課程 Funding for Special Needs Programme

香港賽馬會慈善信託基金自二零零六年透過「香港賽馬會社區資助計劃」資助 LEAP 的特殊教育課程，我們榮幸地宣佈，賽馬會慈善信託基金將於二零一八年二月再度為 LEAP 特殊教育課程提供三年捐助，用以支付該課程由二零一八年四月至二零二一年三月的開支。

課程並會擴展至特殊幼兒中心的學生。預料三年內能讓一萬三千八百名特殊學校學生及八百名特殊幼兒中心學生受惠。

我們衷心感謝香港賽馬會慈善信託基金一直以來對 LEAP 特殊教育課程的支持。

Since 2006, the Hong Kong Jockey Club Charities Trust has sponsored our Special Needs Programme under its Community Project Grant scheme. LEAP is pleased to announce that in February 2018 the Charities Trust approved funding to support the programme for another three years from 1 April 2018 to 31 March 2021.

The programme will be expanded to benefit special needs students in Special Child Care Centres too. Over the three-year period, we anticipate reaching a total of 13,800 students in special schools and 800 students in Special Child Care Centres.

LEAP is most grateful to the Hong Kong Jockey Club Charities Trust for its continuing support of our Special Needs Programme.



## 家長課程獲資助 Sponsored Programme for Parents

承蒙禁毒基金的贊助，LEAP 將於本年九月起，連續三年為家長提供免費藥物教育課程。

家庭是預防子女吸毒的第一度防線，而家長在預防青少年吸毒的戰場中扮演著重要的角色。家長需要懂得辨識子女吸毒的徵狀和警號，以及認識相關的社區資源，以便在有需要時為子女提供協助。課程除了會讓家長掌握有關知識外，亦希望加強親子之間的溝通，協助家長打造和諧健康的家庭。

預料贊助將令三千五百名家長受惠。

Thanks to sponsorship from the Beat Drugs Fund of the Narcotics Division, Security Bureau, LEAP's parent programme "Safe and Successful" will be offered to parents free of charge for three years starting in September 2018.

The family is one of the most important protective factors in drug prevention and parents play a crucial role. They need to be aware of the warning signs of drug-taking by their children, and also of the relevant resources in the community, so that they can provide better assistance to their children if necessary. As well as equipping parents with this knowledge, the programme also aims at enhancing parents' communication skills with their children, in order to build a happy, drug-free family.

It is expected that up to 3,500 parents will benefit from this sponsorship.



## 生活教育活動計劃 LEAP- Who We Are



生活教育活動計劃 (LEAP) 於一九九四年在香港成立，是一個註冊慈善機構，專為中、小學的學生提供一套國際認可的健康教育及預防藥物濫用課程，旨在讓他們明白到健康生活的重要及濫用藥物，包括煙草和酒精的危險。課程獲教育局、保安局禁毒處及衛生署控煙辦公室的認可。香港特別行政區行政長官林鄭月娥是 LEAP 的贊助人。

生活教育概念源於澳洲，首間生活教育中心由 Ted Noffs 牧師於一九七九年在澳洲悉尼創辦，之後此概念傳遍澳洲，並擴展至世界各地。時至今日，生活教育已在澳洲、巴巴多斯、塞浦路斯、芬蘭、香港、匈牙利、澳門、新西蘭、英國及美國運作。

過去二十年，LEAP 以設計獨特之流動課室將生活教育課程帶進全港各區的小學。LEAP 亦有推行中學課程和特殊教育課程，以及一套家長教育課程，以裝備家長協助子女建立正確的價值觀，抗衡藥物的引誘。

從一開始，流動課室已是 LEAP 的重要舞台，令 LEAP 的預防藥物濫用課程獨一無二。生活教育中心設計新穎獨特，為學生營造輕鬆愉快的學習環境，令他們能更投入課堂討論及角色扮演等教學活動中。受過特別訓練的教育幹事們，利用中心內的先進影音器材、會發亮的人體模型、會說話的腦袋及各式互動遊戲授課。而 LEAP 的吉祥物「長頸鹿哈樂」及「小馬凱莉」更會在課程期間跟學生說笑及唱歌，從而進一步鞏固健康訊息。LEAP 透過循序漸進的教學方式，讓學生認識人體的結構及藥物對它的影響；而角色扮演更能協助學生建立社交技巧，懂得如何作出正確的抉擇，有信心地拒絕煙酒等藥物並同時保存自尊及友誼。

LEAP 於二零一四年率先添置了兩所增設了全新擴增實境 (AR) 和體感 (Kinect) 科技的流動課室，並於二零一六年為其他流動課室增設這些嶄新的教學科技。於二零一七年三月，LEAP 的兩所用作替換的全新流動課室啟用後，LEAP 的全部流動課室現已配備好 AR 及 Kinect 教學科技，讓學生體會兼具科技、知識與樂趣的學習經驗。LEAP 現有九所流動課室和一所固定教育中心，並成功達致每年服務全港百分之二十五小學生的目標。

Established in 1994, Life Education Activity Programme (LEAP) is a registered charity that provides internationally recognised health awareness and drug prevention programmes for primary and secondary students. It helps students establish a healthy lifestyle and become aware of the dangers of drugs, including tobacco and alcohol. LEAP's programmes are endorsed by the Hong Kong SAR Government's Education Bureau, the Narcotics Division of the Security Bureau and the Tobacco Control Office of the Department of Health. The Honourable Mrs Carrie Lam Cheng Yuet-ngor, GBM, GBS, the Chief Executive of the Hong Kong SAR, is our Patron.

### 使命

LEAP 旨在為學生提供一套正面而有系統的健康及藥物教育課程，讓他們明白藥物，包括酒精及煙草對身體的影響，從而協助預防藥物濫用。

### Our Mission

To help prevent substance abuse, particularly drugs, including alcohol and tobacco, by providing positive health-based education programmes for young people.

Life Education originated in Australia. The first Life Education Centre was established in 1979 by the Reverend Ted Noffs in Sydney. The concept spread throughout Australia and internationally. Today Life Education also operates in Australia, Barbados, Cyprus, Finland, Hong Kong, Hungary, Macau, New Zealand, the UK and USA.

Over the last 20 years, our Primary Programme has been taken to schools in specially designed mobile classrooms, which can be driven all over the territory. LEAP also runs a Secondary Programme, a Special Needs Programme and a Parent Programme aimed at equipping parents with skills to help their children establish correct values and to prevent substance abuse.

LEAP's mobile classrooms are our centre stage and make our programmes unique. They provide a relaxed environment for youngsters to enjoy the programme and become involved in discussions and role-play. Our specially trained educators make use of a modern audio-visual system, illuminated models of the human body, a "talking brain" and games. LEAP's mascots Harold the Giraffe and Holly the Horse reinforce healthy living messages by talking and singing with the children. Our aim is to provide a step-by-step approach to learning about the body and how drugs affect it. Role-play helps develop social competency skills that enable children to make responsible decisions and to say "No" to drugs without losing friends or face.

In 2014 LEAP introduced two new mobile classrooms equipped with Augmented Reality (AR) and Kinect technologies. Following technology retrofits to all our mobile classrooms in 2016, our fleet was enhanced further when two new replacement classrooms came into operation in March 2017. LEAP is now fully equipped with AR/Kinect teaching technologies, allowing students to enjoy an exceptional learning experience combining technology, fun and knowledge. With a fleet of nine mobile classrooms and a static centre, LEAP has attained its strategic goal of reaching 25 per cent of the primary student population.

## 保安局禁毒處觀課 Security Bureau Returns

香港特別行政區禁毒專員陳詠雯女士及保安局禁毒處助理秘書長黎明暉先生，於二零一七年九月二十八日探訪慈幼葉漢小學，參觀 LEAP 的流動課室及小學六年級課程。陳專員及黎先生對 LEAP 課程給予高度讚許，並對教育幹事的生動活潑授課方式留下深刻印象。專員並讚賞 LEAP 的課程令他們大開眼界之餘，亦擴大了他們對預防藥物濫用教育的認知。

保安局禁毒處是 LEAP 多年的工作夥伴，並多次透過禁毒基金支持 LEAP 的工作。

Ms Manda Chan, Commissioner for Narcotics and Mr Kevin Lai, Assistant Secretary of the Narcotics Division, Security Bureau, visited a LEAP class for Year 6 students at Salesian Yip Hon Primary School on 28 September 2017. Ms Chan and her colleague were full of praise for the programme and were particularly impressed by the lively and professional presentation given by LEAP's educator. Afterwards, Ms Chan said that witnessing the class had really opened their eyes and widened their knowledge of what effective anti-drug preventive education means.

The Narcotics Division of the Security Bureau has been an important partner of LEAP throughout the years and on several occasions, LEAP has also been a beneficiary of its Beat Drugs Fund.



## 太古集團到訪 Swire Trust Visit

太古集團慈善信託基金公益事務主管陳婷婷女士，於二零一七年十一月十四日，到北角官立小學（雲景道）參觀 LEAP 小學五年級課堂。陳女士於當時新上任，她在觀課後表示希望進一步了解 LEAP 的課程與服務。

LEAP 非常感謝太古集團慈善信託基金長久以來對 LEAP 的支持，令我們的服務得以維持及發展。

LEAP was pleased to welcome Ms Tina Chan, Head of Philanthropy, Swire Trust, to observe a Year 5 class in action at North Point Government Primary School on 14 November 2017. This was Ms Chan's first experience of a LEAP programme as she was then newly appointed by the Trust. She was very interested to learn more about LEAP's programmes and service.

LEAP is most grateful for the long-time generous support of the Swire Trust which has allowed LEAP to sustain and develop its service over the years.



## 兒童受虐 - LEAP 的回應 Child Abuse in Hong Kong – LEAP Reacts

By Joyce Chow, Senior Education Officer, LEAP

生活教育活動計劃 高級教育主任周藍恩

香港最近一連串的虐兒個案為整個城市響起警號。一名五歲女童於今年一月六日在位於屯門的住所被發現身受重傷。其任職運輸工人的父親及報稱是家庭主婦的繼母同被控告謀殺罪。隨後警方亦收到多宗虐兒案件的報告。

可悲的是，大多數施虐者都是受害兒童的父母。對於像我這樣的 LEAP 教育工作者來說，這種情況引發了令人心碎的警號，驚覺原來每日接觸到的學生原來可能活在水深火熱中。

作為家長及青少年教育工作者，不禁思想問題出在哪裏？如果每一個人能盡其角色本分，或許很多不幸可以避免。但細想下，施虐者本身也可能是受害者，不負責任的年輕父母童年時或許未被好好照料過；年輕人在未有“相關專業資格”便被賦予父母角色；即使是有人生閱歷的成年人亦可能在親職方面未曾有過學習的機會……

LEAP 深信及早預防是避免悲劇發生的關鍵。最有效的方法是培養青少年從小學懂如何在人生中做出正確選擇。我們需要把握對青少年最有影響力的階段，努力提醒及鼓勵青少年為人生做出安全和健康的選擇，向他們灌輸正確的價值觀，從而讓他們學懂如何為生命作正確的決定和行為。



作為 LEAP 的導師有機會親身接觸不少兒童及青少年，在每節互動及教與樂並存的課堂中發揮有影響力的作用。為了令學童在每年的 LEAP 課程中對正確價值觀有最深刻的印象，LEAP 團隊在課程設計上花了極大心思務求各級課程重點貼合不同年齡的成長需要。除了健康知識及藥物資料，技巧部分也是同樣重要。從初小著重教導互相包容及接納

The recent spate of child abuse cases in Hong Kong has raised alarm across the city. On January 6 this year, a five-year-old girl sustained fatal injuries at home in Tuen Mun. Her father, a transport worker and stepmother, a housewife, were charged with her murder. A number of further incidents of abuse were reported to police soon afterwards.

Tragically, most child abuse victims suffer at the hands of their parents. For LEAP educators such as myself, such cases triggered a heart-breaking alarm that some of the students we meet in the course of our daily work may themselves be in an abyss of suffering.

As a parent and a youth educator, I keep searching my mind for the cause of the problem. Tragedy can be avoided if individuals play their roles in society. Sadly, it is often the case that abusers were also victims in their youth; the irresponsible parents of today were perhaps never well treated in their own childhood. Also, some teenagers have to take on the role of parents without the necessary life experience. Even some mature adults just never had the opportunity to learn about parenting skills.

At LEAP, we believe that early intervention is the key to preventing tragedy. The most effective way is to ensure individuals start making proper life choices at a young age. More needs to be done to raise teenagers' awareness and encourage them to make safe and healthy choices. It is essential that positive values be instilled into young people at their most influential stage, resulting in good decisions and appropriate behaviour.

LEAP educators have the opportunity to meet children and young people daily, with the mission of teaching positive messages to help youngsters make safe and healthy choices. To reinforce our messages and make sure they are absolutely clear, the LEAP team devotes a lot of time and effort to developing programmes that match the needs of teenagers today. As well as knowledge of body functions and information about drugs, communication skills based on mutual acceptance are already stressed at a lower primary level. For children in upper primary grades, critical thinking skills are emphasised as we treat the topics of stress management and bullying. As students' logical thinking ability increases, in our junior secondary programme we invite students to reflect on life and examine their attitude, so that they may understand that having

的溝通技巧，到高中探討欺凌及處理壓力，培養學生在正確價值觀的基礎上運用批判思考作決定。至初中階段，LEAP 課程更進一步引導青少年透過生命反思去探視自己的生命態度，從而鼓勵青少年面對挑戰或抉擇時作出正確的決定。要達到具影響力的訊息傳遞，互動且深刻的教學手法相當重要。每位 LEAP 的教育幹事把握每次與學童面對面分享、討論、遊戲或角色扮演等機會，向他們灌輸正面的價值觀。



LEAP 亦明白裝備家長建立快樂及無毒家庭的重要。我們的「新一代健康成長錦囊」家長教育課程除了裝備家長藥物知識外，亦會鼓勵他們持開放態度管教子女，加強與子女溝通的技巧，並從小開始幫助子女建立自信。

面對現今社會出現的價值觀偏差所引發的嚴重問題，LEAP 正著手構思一個全新延伸課程，內容將更集中發展學生正向思維，配以嶄新科技，希望強化學童面對逆境的抗逆力。

LEAP 的導師深信，培養並承傳正面價值觀以令青少年長大後能作負責任的決定是我們的重要工作。因為眼中每位學生都可能是將來擔當重要父母角色的個體，有著孕育及好好照顧下一代健康成長的重任！

每位小朋友都有被愛和受保護的權利。我和 LEAP 的同事們，衷心期望我們在預防教育上的努力，能有助建立一個更具關愛精神的社會。

the correct attitude usually leads to making the right choices. We know that interactive elements are crucial for our health messages to be delivered successfully, and so we treasure every lesson to inculcate students with positive values through group discussions, role play and also fun games.

LEAP also realises the importance of equipping parents with the proper parenting skills to help them build a happy, drug-free family. Our Parent Programme not only provides parents with drug knowledge, but also helps them develop an open attitude, strengthens their communication skills with their children and helps them instil self-respect in their children from a young age.

In the light of the tragedies described above, LEAP is also taking further new steps to help avoid the serious social problems that result from a breakdown of moral values. We are now designing a new extension programme that focuses on enhancing students' positive thinking and resilience skills. Backing this up with the latest teaching technology, our aim is to further develop young people's ability to resist adverse situations.

LEAP educators share a belief in passing on positive values to teenagers and guiding them to make responsible choices. This is because the students we are teaching now may one day themselves become parents who have the responsibility to nurture the next generation with love and care.

Every child deserves the right to be loved and protected. I and all my fellow LEAP colleagues sincerely hope LEAP's efforts in preventive education will contribute to establishing a more caring society.



## 濫藥趨勢 - 「麻」煩不自找 Latest Drug Trends – Say “No”



### 統計數字

根據保安局禁毒處藥物濫用資料中央檔案室最新統計數字，二零一七年首三季被呈報的整體吸毒人數較二零一六年同期下降百分之二十一。然而，青少年吸食大麻的人數有上升趨勢，於二零一七年首三季，廿一歲以下被呈報吸食毒品人士當中，吸食大麻的人數比一六年同期增加了約百分之二十三。

### 濫用大麻的影響

坊間充斥著不少大麻的謠傳，令人輕看了大麻對身體的影響，青少年有機會被誤導認為大麻傷害不大，而忽略了大麻對腦部造成的嚴重損害。有精神科專科醫生表示，現時坊間流行的大麻不少已經過改良，當中引致幻覺的成分「四氫大麻酚 THC」比例由數十年前的百分之二至八提升至約百分之二十，有些甚至高達百分之三十。吸食大麻令人反應變慢，自我控制、判斷和決策能力亦會減弱，可能令人更容易上癮。而愈來愈多的研究顯示，大麻會使記憶力及集中力降低，由青少年時期開始持續濫用大麻更可能令智商永久下降，造成不能逆轉的影響。如使用大麻者的家族有精神病史，他們患上精神病的機會亦比一般人更高。因此，應盡早提高社會大眾，尤其青少年對大麻影響的認識及警覺。

### 新興毒品

除大麻外，新興毒品湧現的問題亦令人關注。毒品市場引入新興毒品，主要為「顧客」帶來新鮮感，但由於化學成分不明，風險比傳統毒品更高。以「Spice」、「K2」等合成大麻為例，由化學物混合而成，毒性比大麻高4至10倍，對身體損害更為嚴重。另外，還有「浴鹽」、「喵喵」等以「卡西酮」和不同化學混合物合成的新興

### The statistics

According to the most recent statistics of the Central Registry of Drug Abuse (CRDA), the overall number of reported drug abusers in Hong Kong decreased by 21% in the first three quarters of 2017 compared to the same period in 2016. However, an alarming increase in the number of cannabis abusers among adolescents was noted. The reported number of cannabis abusers aged under 21 increased by approximately 23% in comparison to 2016.

### Effects of cannabis abuse

There are many misconceptions about the use of cannabis. Adolescents may be misled into thinking that cannabis does little harm to their body but this is simply untrue. Abusing cannabis can cause serious brain damage. One of the main ingredients commonly found in cannabis products is tetrahydrocannabinol (THC) which causes hallucinations. According to psychiatrists, the percentage of THC in many popular cannabis products today has increased from 2-8% to 20% or even 30%. Taking cannabis can be addictive. It slows down reflexes, reduces self-control, and inhibits the ability to make judgments and decisions. Many studies have shown that cannabis reduces concentration and impairs memory. Adolescents who have continuously abused cannabis over a long period of time may suffer from an irreversible decline in IQ. Moreover, if the cannabis abusers have a family history of mental illness, they have a higher chance of suffering from mental illness than average. It is therefore vital to alert the community, especially young people, to the harmful effects of cannabis.

毒品，服用後不僅會導致嘔吐、抽搐等副作用，還會出現幻覺、妄想、攻擊他人等行為。外國已有不少人因使用合成新興毒品後猝死、危害他人生命或人身安全的例子，情況不容忽視。



### 社交媒體與毒品

最令人關注的是，新媒體日趨普及，間接促使新興毒品流行。毒品市場運用不同的推銷渠道及策略接觸年輕人，迎合他們的心態和需要，使他們墜入毒品陷阱。加上互聯網充斥著大麻及新興毒品的錯誤資訊，青少年被誤導吸毒的機會大增。與此同時，網上購買新興毒品漸趨流行，由於過程隱密，無需出門或接觸任何人便可得到毒品，間接助長年輕人隱蔽吸毒的現象。另一方面，由於家長未必掌握毒品的趨勢以及缺乏有關大麻及新興毒品的認知，令家長難以察覺子女吸毒問題，令他們未能充分擔當把關及支援的角色。

### LEAP 的回應

LEAP 認為，要有效幫助青少年遠離毒品，循序漸進的預防藥物濫用課程及家長教育十分重要。LEAP 不單以互動的教學手法讓學生認識毒品的禍害，更裝備他們有效的拒絕技巧，幫助他們面對朋輩壓力，拒絕毒品引誘；同時，我們亦會與學生探討如何處理壓力和管理情緒，務求提升青少年的抗逆力，增強他們的保護因素，減低濫藥危機。此外，LEAP 亦提供家長課程，教導他們如何跟子女打開溝通之門，增強親子關係，並裝備他們預防子女濫藥的知識，及早辨識子女是否有吸毒行為，在有需要時尋求協助及支援。

LEAP 作為預防藥物濫用機構，會繼續為青少年及家長提供高質素的預防藥物濫用課程，雙管齊下，為建設健康家庭及無毒社會作好把關工作。



### New “designer” drugs

Another serious cause for concern is the launch of new designer drugs on the market, apparently catering to substance abusers who are looking for new excitement. Taking these drugs is even more risky than cannabis as their chemical ingredients are unknown. For example, certain kinds of synthetic cannabis such as “Spice” and “K2” are mixed with chemicals and extra substances that are possibly 4 to 10 times more toxic than regular cannabis and can cause even more serious damage to the body. Other new synthetic drugs such as mephedrone (slang names include “Bath Salts” and “Meow Meow”) that are mixed with cathinone and other chemical substances, not only cause vomiting and convulsions, but also have many side-effects such as hallucinations, delusions and physical aggression towards others. The situation demands prompt attention as abuse of these new drugs has already caused deaths and endangerment to others overseas.

### Social media and drugs

The most alarming problem is the rise of the social media culture which has helped to promote these new drugs in recent years. Drug dealers make use of various channels to market and sell new drugs to young people by feeding their needs and desires, essentially luring them into drug use. The misleading information about cannabis and other new designer drugs on the Internet increases the risks of drug use among adolescents. It is also becoming increasingly popular for drugs to be sold online. Secret online transactions are made without having to be in physical contact with the dealers and this easy accessibility encourages hidden drug use among young people. Parents, who have a vital role to play in safeguarding a drug-free family, may not detect that their children are using drugs because they lack knowledge of cannabis or the new emerging drugs.

### LEAP's response

LEAP believes that prevention is the key to effectively helping young people to stay away from drugs. LEAP not only allows students to learn about the dangers of drugs through interactive teaching methods, but also equips them with effective refusal skills to help them stand up to peer pressure and refuse drugs. Moreover, we also teach students the importance of identifying stress and how to manage their emotions to build resilience. LEAP also provides a Parent Programme, teaching parents how to communicate effectively with their children, enhance their relationships and equip them with the necessary knowledge so that they can identify drug abuse early and give the required support.

LEAP is committed to the prevention of substance abuse and will continue to provide high-quality drug prevention education programmes for students and parents, helping to build healthy families and a drug-free community.

# 哈樂利是 2018 – 感謝你的的支持！ 2018 Lai See Project – Thank You!



LEAP 的哈樂利是年度籌款活動屢創佳績。在二零一八年，共有三十四家學校參加，當中包括國際學校和英基學校協會屬下學校，總共為 LEAP 籌得港幣約三十萬二千八百六十九元善款。我們謹對參與學校的學生、家長及老師致以深切的感謝，並特別祝賀以下獲獎學校：

## 「最高籌款額學校獎」得獎學校：

冠軍：聖保羅男女中學附屬小學  
亞軍：鳳溪第一小學  
季軍：將軍澳官立小學

## 「最踴躍參與學校獎」得獎學校：

冠軍：鳳溪第一小學  
亞軍：將軍澳官立小學  
季軍：天主教石鐘山紀念小學

## 「最高參與率學校獎」得獎學校：

冠軍：將軍澳官立小學  
亞軍：天主教石鐘山紀念小學  
季軍：香港教育工作者聯會黃楚標學校

而優異獎的得獎學校將會另獲專函通知。

此外，LEAP 吉祥物長頸鹿哈樂於三月初，到訪了陳瑞祺（喇沙）小學，並感謝學生對哈樂利是的支持。

LEAP's Lai See Project 2018 was once again a success, with 34 local, ESF and international schools taking part. An impressive HK\$302,869 was raised for LEAP. We would like to extend a big thank you to all the students, parents and staff of participating schools for their generous support. Our special congratulations go to:

## “Most Outstanding Fundraising School Award”

1st Place: St Paul's Co-educational College Primary School  
2nd Place: Fung Kai No.1 Primary School  
3rd Place: Tseung Kwan O Government Primary School

## “Most Supportive School Award”

1st Place: Fung Kai No.1 Primary School  
2nd Place: Tseung Kwan O Government Primary School  
3rd Place: Shak Chung Shan Memorial Catholic Primary School

## “Most Participative School Award”

1st Place: Tseung Kwan O Government Primary School  
2nd Place: Shak Chung Shan Memorial Catholic Primary School  
3rd Place: HKFEW Wong Cho Bau School

Schools winning Merit Awards will be notified individually.

In March, LEAP's mascot Harold the Giraffe visited Chan Sui Ki (La Salle) Primary School and thanked students for supporting the Lai See Project.

## 成為 LEAP 賣旗日義工 Be a LEAP Flag Day Volunteer

LEAP 將於二零一八年十一月二十四日（星期六）在新界區舉行第十二次賣旗籌款，希望籌得不少於港幣八十萬元的善款，作為 LEAP 的課程發展經費。我們急需大量義工協助賣旗工作，現誠邀您和您的親友一同加入義工隊伍，歡迎致電 2530 0018 查詢詳情。所有參加賣旗之義工均可獲得感謝狀。

如果您希望在賣旗日前捐款，歡迎使用本頁右方的捐款表格。



LEAP will hold its 12th Flag Day on Saturday, 24 November 2018, again in the New Territories. This year we are hoping to raise HK\$800,000 to pay for programme development. We need as many volunteers as possible to help us sell flags and all are welcome! Please call us on 2530 0018 to offer your help. This will be an excellent parent-child activity. All volunteers will receive a thank you certificate.

If you would like to make a donation to LEAP, please use the donation form on this page.

## LEAP 慈善步行籌款 Hiking for LEAP

LEAP 董事史樂山夫人於二零一七年十二月十三日組織了一個慈善步行籌款活動，和多名活力充沛的 LEAP 支持者一起享受了美好的一天。該活動參加者包括太古和國泰航空的高級管理人員以及他們的家人，為 LEAP 籌得港幣四萬二千元善款。史樂山夫人每年都舉辦慈善步行活動為 LEAP 籌募善款，我們衷心感謝她的長期支持，並十分多謝各位活動參加者。

LEAP 亦非常感謝懲教署體育會二零一八年三月捐贈港幣一萬二千元善款以支持我們的工作。



A group of energetic LEAP supporters enjoyed a wonderful day out on 13 December 2017 when our Board Member, Mrs Joy Slosar kindly organised a charity hike and lunch for LEAP. The group, which included the families and friends of Swire and Cathay Pacific senior management, raised a record HK\$42,000 for LEAP. The sponsored walk has become an annual event and LEAP is most grateful to Mrs Slosar and all those who supported LEAP by taking part.

LEAP was also delighted to receive a donation of HK\$12,000 from the Correctional Services Department Sports Association in March 2018.

## 捐款 Donations

我願意捐款支持生活教育活動計劃  
Yes. I would like to support Life Education Activity Programme

### 捐款方法 Payment by :

#### 劃線支票 Crossed Cheque :

支票號碼 Cheque no. \_\_\_\_\_ 元  
港幣 Amount HK\$ \_\_\_\_\_ 元

抬頭請註明『生活教育活動計劃』  
(請連同此表格寄回『新界葵涌麗瑤邨樂瑤樓地下107-113室』)

Please make cheque payable to "Life Education Activity Programme" and send it to "Units 107-113, G/F, Lok Yiu House, Lai Yiu Estate, Kwai Chung, N.T." with this form.

#### 直接存款 Direct Transfer :

恒生銀行戶口  
Hang Seng Bank Account no.  
289-160103-002

匯豐銀行戶口  
Hong Kong and Shanghai Bank Account no.  
582-240628-001

請將存款單連同此表格寄回及於背頁寫上姓名、聯絡電話及地址。

Please send your deposit slip together with this form to us and write the donor's name and contact no. on the back.

#### 網上捐款 Online Donation :

請登入 Please visit [www.leap.org.hk](http://www.leap.org.hk)

凡捐款HK\$100或以上，憑收據可申請扣減稅款。

Donations of HK\$100 or above are tax deductible with an official receipt.

我有興趣進一步認識生活教育活動計劃  
I would like to know more about LEAP

### 捐款人資料 Donor's information

姓名 Name : \_\_\_\_\_

地址 Address : \_\_\_\_\_

\_\_\_\_\_

電話 Tel : \_\_\_\_\_

電郵 Email : \_\_\_\_\_

你的個人資料只限於寄發捐款收據、籌募經費及傳遞本機構資訊之用。

如不擬收取生活教育活動計劃的資訊，請通知我們。

Your personal data will only be used for issuing official receipts, raising funds, and communicating with you. If you prefer not to receive any further information from LEAP, please inform us.

# 鳴謝

A BIG thank you to all  
our sponsors and supporters



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### 我們非常感謝以下各支持者 Thanks to the following supporters

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啟新書院	Renaissance College
新興機構	Sun Hing Group of Companies

### 鳴謝以下學校參與哈樂利是 2018 籌款活動 For their generous support of Harold's Lai-See Project 2018

大坑東宣道小學	Alliance Primary School (Tai Hang Tung)	啟新書院	Renaissance College
浸信會呂明才小學	Baptist Lui Ming Choi Primary School	嘉諾撒聖心學校	Sacred Heart Canossian School
畢架山小學	Beacon Hill School	慈幼葉漢千禧小學	Salesian Yip Hon Millennium Primary School
金巴崙長老會耀道小學	CPC Yao Dao Primary School	沙田小學	Sha Tin Junior School
陳瑞祺(喇沙)小學	Chan Sui Ki (La Salle) Primary School	天主教石鐘山紀念小學	Shak Chung Shan Memorial Catholic Primary School
啟基學校	Chan's Creative School	石湖墟公立學校	Shik Wu Hui Public School
啟思小學	Creative Primary School	聖類斯中學(小學部)	St Louis School (Primary Section)
拔萃女小學	Diocesan Girls' Junior School	嘉諾撒聖瑪利學校	St Mary's Canossian School
鳳溪第一小學	Fung Kai No. 1 Primary School	聖保羅男女中學附屬小學	St Paul's Co-educational College Primary School
香港教育工作者聯會黃楚標學校	HKFEW Wong Cho Bau School	聖士提反書院附屬小學	St Stephen's College Preparatory School
軒尼詩道官立小學(銅鑼灣)	Hennessy Road Government Primary School (Causeway Bay)	大埔崇德黃建常紀念學校	Sung Tak Wong Kin Sheung Memorial School
香港道教聯合會純陽小學	HKTA Shun Yeung Primary School	太古小學	Tai Koo Primary School
漢華中學(小學部)	Hon Wah College (Primary Section)	基督教香港信義會深信學校	The ELCHK Faith Lutheran School
啟歷學校(九龍灣)	Kellett School (Kowloon Bay Campus)	塘尾道官立小學	Tong Mei Road Government Primary School
啟歷學校(薄扶林)	Kellett School (Pokfulam Campus)	將軍澳官立小學	Tseung Kwan O Government Primary School
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